LETTERS@METRO.US

‘AVENGERS’ DESTROYS BOX OFFICE {page 12}

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BOSTON
Monday, May 7, 2012

NICOLAUS CZARNECKI/METRO

Business of REGRET

- Newbury Street company thriving on tramp stramp snafus
- Clients say removal procedure is painful
- Artists say think before you ink {page 02}

▶ Carmen Vanderheiden of Tataway removes a client’s lower back tattoo during a recent session.

Metropolitik

Vice president stumbles into gay rights fight

- Joe Biden comments taken to signal support for same-sex marriage
- Then he walks ’em back
- Still evolving? {page 05}

Remembering a Beastie Boy

A look back at the life of Adam ‘MCA’ Yauch, who died late last week {page 10}

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That inking feeling

Laser lady builds a business based on regret ◗ Tattoo removal technology, while still painful, continues to advance ◗ Artists not keen on people getting ink with plans to get it zapped or covered in the future

PHOTOS BY NICOLAUS CZARNECKI/METRO

▶ Carmen Vanderheiden uses the laser to rid a client of an unwanted tattoo.

▶ At $99, removing this small ankle tattoo won't hurt your wallet, but it will hurt.

Carmen Vanderheiden has been running a tattoo removal business in Boston since December, and in that time, she has zapped away lots of ink on the lower backs of Hub dwellers.

"The old tramp stamp — it was coined that name — I see a lot of those. A lot of names, too," she said, gearing up to meet with a client at her Newbury Street headquarters.

Vanderheiden, owner of Tataway, has one of the only advanced laser devices specific to tattoo removal in the Boston area, she said.

The "PhotoAcoustic Technology" which penetrates the skin and targets each ink color with specific wavelengths, causes tattoos to fade.

It also lets Vanderheiden attack the once permanent markings in several sessions with less scarring or pigment changes than typical machines leave behind.

But it doesn't mean it isn't painful.

"Oh my God," said a 20-year-old female client, who didn't want to give her name. "It feels like splats of oil."

Laying on her stomach, the client let out shrill chirps as the laser, which sounds like a bug-zapper, danced along her lower back where the name of an ex-lover was scrawled in perfect cursive.

"I got it a year ago," she said, gripping the sides of her chair. "He kind of talked me into it."

The client's advice? Never get a tattoo you may regret.

"It's not worth it," she said, after her first 10-minute session with Vanderheiden.

Artist Markus Anacki, who works at Kaleidoscope Tattoo in Cambridge, agreed.

According to Anacki, more people come to the shop than ever for coverup tattoos after getting homemade ones blotted in their skin.

"When you tell someone you can't cover it and it has to be lasered, they think it'll cost a fortune, so a lot of people will either live with a tattoo they don't like, or try and do a coverup," he said.

STEVE ANNEAR
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6-15
Average number of sessions someone needs to sit through to remove a professional tattoo.

$99
Cost to remove 1-3 inches of a tattoo in one session.

Getting under your skin

- Green, sky blue and yellow inks are the most difficult to remove
- Homemade tattoos can get zapped pretty easily in fewer sessions
- Black, blue and red inks dissolve the best under laser treatment

Is technology changing the industry?

When it comes to getting something permanently etched in your skin, you may want to think hard before the needle hits your body.

According to Markus Anacki, people shouldn't be getting tattooed with the notion they can one day remove it because technology is advancing.

"Getting a tattoo, that's the whole point, you should know what you're getting into and get something you know you won't mind having on you for the rest of your life," he said.

According to Anacki, specialized ink that breaks up easier under lasers was introduced years back, but many artists were against it because it defeated the purpose of the art form.

"As an artist, I hope people don't think that way," he said.

METRO/SA

NICOLAUS CZARNECKI/METRO

In the news

$386K

Mayor Thomas Menino unveiled the newest addition to Boston parkland yesterday — the Ringgold Park fountain. Nearly one-third of the water feature was paid for by private funds and the rest by the city's capital improvement budget. METRO

Today's local tweet

"I dreamt that the MBTA used tickets, coins, slips and all of that, and they had a ticket converter like the ones at chuckie e cheese."

@JADORELILIANA HAVING NIGHTMARES ABOUT THE T, EVEN WHEN SHE ISN'T RIDING IT.

I-93 drivers see falling billboard?

SOMERVILLE. A giant billboard depicting a piece of sliced banana bread has been causing confusion for some drivers on Interstate 93 in Somerville.

According to AdRants.com, a McDonald's ad promoting the launch of breakfast bread has led to distress calls because passers-by think the billboard is falling.

The ad shows the bread, with a piece of the billboard hanging off, as if it has been cut.

AdRants.com said it is called a "billboard extension" and the sign is not actually falling. METRO

Babysitter faces theft charge

WRENTHAM. A Sharon woman was charged with larceny for allegedly stealing from the family she babysat for.

Michelle O'Harte, who advertised her services on Sittercity.com, babysat the family's two young children for months, police said Saturday.

During that time, she allegedly stole hundreds of dollars in jewelry and clothing. Police worked with gold buyers, who led them to evidence. METRO

Feds seek female serial bank robber

BOSTON. Officials need help locating a woman accused of robbing or trying to rob five banks in Boston in three weeks.

The woman tried to rob three banks in Dorchester and Jamaica Plain Friday and robbed two banks in Boston and Dorchester last month.

She is described as a white woman in her late 30s, about 5 feet 3 inches tall, with long brown hair. METRO

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May 6, 2012

Photo © Matt West

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Cops warn of hypnotizing scheme in Chinatown

Boston police are warning members of the Asian community to be "vigilant" after a woman reported turning over $160,000 to a group of women who allegedly hypnotized her.

Police recently issued the alert, but the incident occurred April 16.

The victim was walking in Chinatown when she was tapped on the shoulder by one of three young Asian women. The young woman asked the elderly woman random questions about the victim's family during a five minute conversation in Cantonese, police said.

"The victim stated to officers she believes during the conversation she was hypnotized," police said. "The victim further stated that she did not agree to be hypnotized by the suspect."

The group then went to the elderly woman's home where she handed over jewelry and the cash to the group.

Police described the suspects as a group of Asian women, between 30 and 40 years old, weighing 110 to 135 pounds and between 5 feet and 5 feet 5 inches tall.

Police said the scheme appears to target elderly victims and is similar to scams occurring in other areas like New York City.

MICHAEL NAUGHTON
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Hunger. Making strides

▶ The 20-mile walk made its way through Boston, Brookline and Cambridge.

NICOLAUS CZARNECKI/METRO

Thousands join food fundraiser

More than 40,000 people trekked through Boston and beyond for Project Bread's annual Walk for Hunger. Walkers raised an estimated $3.6 million yesterday, organizers said. That money will be granted to 450 community programs including emergency food providers and schools. METRO

Police release video, seek help in Army vet slaying

BOSTON. Investigators are seeking help from anyone in the area of Tremont and Stuart streets late last month with cell phone video or other images that could help solve a murder.

Stephen Perez, 22, an Army veteran from Revere, was gunned down early April 28 outside a Theater District club.

Police recently released surveillance video from a nearby parking garage that show four men running or quickly walking down a ramp.

"Detectives are specifically interested in learning the identity of the four individuals seen coming down the parking lot ramp in rapid succession," police said. "[We] believe these individuals may have a connection to Lynn."

Police are also seeking photos or video taken near Tremont and Stuart streets between 10 p.m. April 27 and 2 a.m. April 28. Images from inside the surrounding clubs or restaurants may also be helpful. Anyone with information can call 617-343-4470. METRO

Signs change to E-ZPass to improve safety

BOSTON. Massachusetts is ditching the Fast Lane name and taking E-ZPass on board.

This week begins a change of all Fast Lane signage at toll plazas on the Turnpike, Tobin Bridge and Airport Tunnels to improve safety and meet federal highway guidelines, according to MassDOT.

MassDOT Secretary Richard Davey said driver hesitation and confusion can jeopardize safety, and uniform signs might eliminate that problem.

E-ZPass signs are already used on toll roads in more than a dozen states, including Maine, New Hampshire and New York. METRO

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VP Biden a Darwinist, too, on gay rights issue

MIKE THEILER-POOL/GETTY IMAGES

▶ Vice President Biden and President Barack Obama both claim to be "evolving" in their support for gay rights. We wonder when all this evolution might finally yield a man.

GET FED

- "Schwarzenegger: California's GOP should take down its small tent" **LATIMES.COM**
- "Elizabeth Warren's needless 'Native American' problem" **WASHINGTONPOST**
- "Who's who? Obama, Romney projecting mirror image" **AP**

Metropolitik

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For complaints, suggestions and digital attaboys, e-mail us at brayden.simms@metro.us.

Scientists and fifth-graders alike likely understand: Evolution takes time. The complex genetic levers pulled by this biological process are generally understood in terms of geologic eras — many millions of years — rather than in human time spans. Yet some parts of the Obama administration seem to be evolving a tad more rapidly than others, at least regarding the White House's stance on same-sex marriage.

Vice President Joe Biden pulled a total Biden on MSNBC's "Meet the Press" yesterday when he made comments to host David Gregory that many interpreted as a positive endorsement of the hot-button political issue.

"I am absolutely comfortable with the fact that men marrying men, women marrying women and heterosexual men marrying women are entitled to the same exact rights," Biden said. "All the civil rights, all the civil liberties. ... I don't see much of a distinction beyond that."

With campaign 2012 at full boil — and especially as advocates in North Carolina look to Washington for guidance over the restrictive Amendment 1 set for a vote tomorrow — the Internet was quick to react. Liberal rights groups hailed Biden's progress, while conservatives pounced on the issue to pin down Obama's stance or try and push Romney into a full-throated condemnation.

But Biden's office and Obama's campaign quickly tried to contain the comments. "The vice president was saying what the president has said previously — that committed and loving same-sex couples deserve the same rights and protections enjoyed by all Americans, and that we oppose any effort to roll back those rights," a Biden staffer clarified. "Beyond that, the vice president was expressing that he too is evolving on the issue, after meeting so many committed couples and families in this country."

The veep's office here references an earlier statement from President Obama in which he too claimed his views were "evolving," perhaps, gay advocates hoped, to accommodate same sex marriage. So far, no such luck.

Proponents of marriage equality likely believe that Obama privately supports equal rights for the gay community, but they've got to wonder on what time scale his views are progressing to the point of public admission. Will Obama come around in time for a possible second term, or will it take another ice age before the political incentives are met?

Last week the Romney campaign hung openly gay spokesman Ric Grenell out to dry as far-right conservatives attacked the historic hire. Now this. A casual observer might argue this could be a good chance for Obama to flex his liberal cred and reveal the daylight between the two campaigns. A cynical observer might assume the numbers had already been tallied and that action wasn't borne out by the results.

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Lawmakers: Taliban stronger after US surge

The Taliban is stronger now than before President Barack Obama ordered a surge of troops to Afghanistan, two senior U.S. lawmakers said yesterday, contradicting the administration's assessment of the insurgency.

"I think we both say that what we found is the Taliban is stronger," Senate Intelligence Committee Chairwoman Dianne Feinstein told "Fox News Sunday" in an interview that included House Intelligence Committee Chairman Mike Rogers, who agreed with her statement. The two lawmakers returned last week from a trip to Afghanistan.

The Defense Department said last week in a report to Congress that its surge of 33,000 extra troops in Afghanistan ordered in late 2009 had weakened the Taliban but that the insurgency remained resilient.

The report to Congress said overall insurgent attacks declined in 2011 for the first time in five years, even though violence increased in areas surrounding the Taliban's southern stronghold of Kandahar, a region where U.S. efforts have been focused since 2009.

REUTERS

GETTY IMAGES

▶ Taliban insurgents claimed a suicide bomb attack in Kabul on May 2.

News in brief

Americans 'love to shop online' — but e-mail is the key

NEW YORK. Americans love to make purchases online, but the technology they use most often isn't Facebook or texting.

No, the primary driver is e-mail, and it beats Facebook and texting purchases combined. So, why the reliance on e-mail? It might have something to do with reliability and security, a new study says.

The report comes from ExactTarget, an Indianapolis-based interactive marketing service. ED's 2012 Channel Preference Survey says that about 66 percent of Americans who routinely go online have purchased an item either directly through e-mail, or because they found a product or service via e-mail.

MAINSTREET.COM

Murder probe after Kentucky Derby

LOUISVILLE, KY. Police opened a homicide investigation in Louisville, Ky., yesterday after a man's body was found in a barn behind Churchill Downs, just hours after the Kentucky Derby was run at the track.

Police spokeswoman Alicia Smiley said authorities received a call at about 5 a.m. yesterday reporting a body found in a barn not far from where I'll Have Another, the horse that won Saturday's race, was stabled. **REUTERS**

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Behind the degree: Hospitality management

COMSTOCK

▶ Are you a people person? Hospitality may be right for you.

In 2007, Konstantinos Bastas was managing his parent's diner on the Upper East Side of Manhattan, but found himself daydreaming of an alternative career.

"I knew restaurants weren't the route I wanted to take, but I always enjoyed interacting with people — making sure our clients were well taken care of. So the hospitality gene was always in me," says Bastas.

He initially considered applying for an MBA program, but then discovered the M.S. program in hospitality industry studies at NYU. Bastas earned his degree last year. After a short stint at the Ritz Carlton Central Park, he founded his own luxury travel consultant business, Bastas Travel Consultants.

"A master's degree [program] teaches you the practical stuff: hospitality formulas, marketing, revenue management. But the most important thing for me in those two years is relationship-building — having professors who are industry leaders and being around other students who are involved in the industry."

BRUCE WALSH
bruce.walsh@metro.us

Expert Q&A

Dr. Elizabeth H. Barber is the associate dean of the School of Tourism and Hospitality Management at Temple.

What's the history of the master's in hospitality and tourism?
It dates back to the 1920s. Michigan State University and Cornell University tend to fight over who was the first.

Is this degree necessary for a management career in the industry?
No. It's still an industry that says, "If you're going to come in, you better start at the front desk." But a degree allows you to progress more fluidly.

What skills should a person have before considering this degree?
They've got to be a people person. It's pretty hard to not be surrounded by people in this industry. In hospitality, sometimes people are mad at you, so you better be pretty resilient. You need to be flexible, like to move [and] go where the jobs are.

$47,450

According to the Bureau of Labor Statistics, the median salary for lodging managers was $47,450 as of 2011. There were 51,400 such positions in the nation as of 2010, with a "slower than usual" growth rate.

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Levo League offers job-building resources to Generation Y women

The facts are clear and indisputable: On average, women make 77.5 cents for every dollar a man makes, and 4 in 10 companies have no women in senior management. Even Facebook — home to one of tech's most famous women, Sheryl Sandberg — has no women on its board. Gen Y women are less likely to speak up in the workplace, and though many feel that they are underpaid, they ask for a raise less frequently than their male counterparts.

That's why Levo League, a new career-building website, was formed. "Levo is Latin for 'to polish' and 'elevate,' and the name is essentially connoting the fact that we are coming together as a community to mutually enhance each other's lives," explains Levo League CEO Caroline Ghosn.

Ghosn and her co-founder Amanda Pouchot (2008 graduates of Stanford and UC Berkeley, respectively) met at their first job at McKinsey. In that fast-paced and male-dominated environment, they mentored and consulted each other and commiserated over the fact that they didn't have older, experienced women they could reach out to for advice. The women left McKinsey to start Levo League last year, and the site officially launched on March 20.

Unlike the Facebook and LinkedIn user interfaces, which provide lists of people you do know and a list of people you should know, Levo League's welcome page presents you with something a bit more aspirational: a corner office. The site is beautiful, and you can navigate to a career search, office hours, mentoring from successful women and other yet-to-be-launched features. Mentoring topics include workplace relationship advice, professional fashion guidance, how to ask for a raise and some of the "softer skills" involved with success.

▶ Levo League's "corner office" interface is more welcoming than that of its peers' sites.

Starting out

- **The site is young,** and the founders are focusing on user experience — they're only granting access to 10,000 women in first month. By the end of the summer, Ghosn and Pouchot hope to have 1 million users.

LAUREN DRELL FOR Mashable
The Social Media Guide

In the news

Top cities for recent grads

Not all cities are created equal when you're a 2012 grad in search of a job and apartment. Rental listing website Rent.com researched U.S. cities to determine the best bets for recent college graduates, looking at unemployment rates, mean annual income, cost of living and rental inventory. The following, in no particular order, made the cut:

- Boston
- Minneapolis/St. Paul
- Seattle
- Houston
- Baltimore
- Dallas
- Kansas City, Mo.
- Raleigh, N.C.
- Washington, D.C.
- Austin, Texas

Surprise: Work is stressful

You're not the only one losing sleep over your job. In a new survey by talent and career management firm Right Management, two out of three of those surveyed reported that the stress level in their workplace was high. Only 11 percent of respondents experience a low level of stress. METRO

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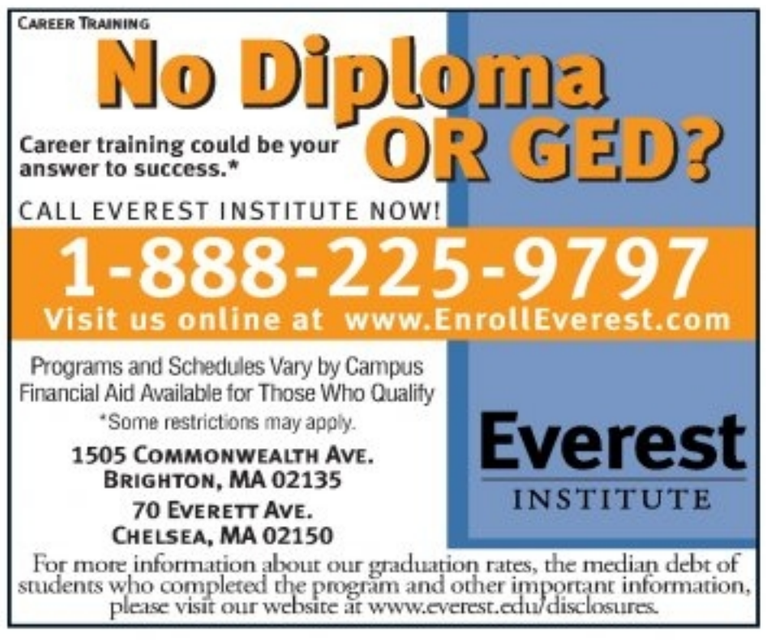
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THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

Andy Cohen gives Metro the scoop

You know him as the outgoing Bravo host who fans the fire at "Real Housewives" reunion shows and presses celebrities with cheeky questions during games of "Plead the Fifth" on "Watch What Happens Live." But Andy Cohen had a long, winding and often hilarious road to his rise as a pop culture guru and celebrity interview extraordinaire. In his new book "Most Talkative," Cohen opens up about dreaming of a life in television while watching "All My Children" as a kid, what it was like to live in fear of AIDS as a young gay man in the '80s and '90s, and working his way up the ladder from a CBS internship in New York City.

"I have all these great stories I've been telling friends for years," Cohen told Metro about his decision to write the book now. "I've just always wanted to tell them and I just felt like now was the time. I just needed a deadline, so I got one and then I went for it."

Cohen says his journal helped him put together the pieces of his memoir.

"I kept a journal for 11 years that really helped when I was writing about coming out of closet," he says. "And when I looked back on it writing the book, it seemed overly dramatic but it was so sincere and truly how I felt. There were so, so many details from my time at CBS — what a jackass I was during my internship, my work with Dan Rather and lying to Oprah to get an interview and getting caught, staying in a clothing-optional resort when I went to Palm Springs to interview Tammy Faye Bakker."

So folks, if you're looking for a way to make it to the top of the industry, lie to your higher-ups and feel free to forgo your clothing — hey, it worked for Andy Cohen.

— with additional reporting by Cassandra Garrison

Cohen's most embarrassing interview moment? "Profusely sweating because of overheating while interviewing Joan Rivers. It was impossible not to notice."

Talking points

Bynes attracts more car troubles

Amanda Bynes hasn't been having much luck with cars. The actress was reportedly involved in a hit-and-run when her Range Rover sideswiped another car while trying to pass on the right, according to TMZ. Sources say Bynes continued driving on after the collision, but she reportedly cooperated with police once they caught up with her, telling them that she was unaware she had struck the other car. She was not issued a citation. The incident comes a month after Bynes was arrested for driving under the influence after clipping a police car.

Blue Ivy Carter is going to be spoiled

Jay-Z is planning to do the best he can to raise daughter **Blue Ivy Carter** right, but he resigned himself to the fact that she'll have it pretty easy in life. "I imagine I'll take things I learned from my mom and things I've learned from raising my nephews and apply that," he says of his parenting plans in an interview with Oprah Winfrey. "Then at the end of the day, I just know I'll probably have the worst, spoiled little kid ever." At least the rap mogul is ready for the inevitable resentment that comes with being a parent: "Everyone imagines they'll be a great dad until their [kids are] teenagers. [They say], 'Get away from me, Dad. You're embarrassing me,'" he says.

GETTY IMAGES

▶ Casper Smart

Casper, the friendly boyfriend

Getting close to **Jennifer Lopez** can certainly be a career boost — at least for **Casper Smart**, Lopez's 24-year-old boyfriend and backup dancer. The singer announced that Smart would be serving as one of the choreographers for her new world tour, according to Us Weekly.

Special delivery

Congratulations to one of our own

Longtime Metro gossip columnist Dorothy Robinson Scott gave birth to a beautiful baby boy over the weekend. We at Metro are incredibly proud of and happy for Dorothy and her husband, though we were a little offended that the couple did not take our suggestion and name the little one Great Scott.

The feed ...

▶ **Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.**

Today, Demi Moore has finally dropped the @mrskutcher Twitter name, Miley Cyrus appreciates a happy ending, Jonah Hill is looking for some advice and Conan O'Brien is easily entertained.

@justdemi
So hard finding a name that was fun somewhat playful and available. So for now it will be @justdemi It could grow on me!

@MileyCyrus
Fairy tales are girl porn.

@JonahHill
What has the best coffee in the French quarter in new orleans?

@ConanOBrien
Ever get really into playing a video game, only to discover it was just one of those high-tech Japanese toilets?

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RIP MCA

After a three-year battle against cancer, Beastie Boys co-founder Adam Yauch died on Friday. Yauch, who was best known as MCA, was 47. Today we salute the man, who along with Mike "Mike D" Diamond and Adam "Ad-Rock" Horovitz taught us how to fight for our right to party, and then later to fight for human rights.

▶ While RUN DMC were obliterating dividing lines between rap and rock with their Aerosmith collaboration of "Walk This Way," they brought the Beasties on tour with them, together helping to break down existing racial divides within the rap community.

JAMIE MCCARTHY/WIREIMAGE/GETTY IMAGES

▶ What could three disparate musicians such as Sean Lennon, left, MCA, center and David Crosby, right, possibly discuss? Perhaps they were discussing the notion of a free Tibet, as this photo was snapped at the 1998 Tibetan Freedom Concert, an event which MCA organized. He also founded the Milarepa Fund, a nonprofit organization dedicated to promoting awareness and activism regarding injustices perpetrated on native Tibetans.

BRET ROBERTS/REDFERNS/GETTY IMAGES

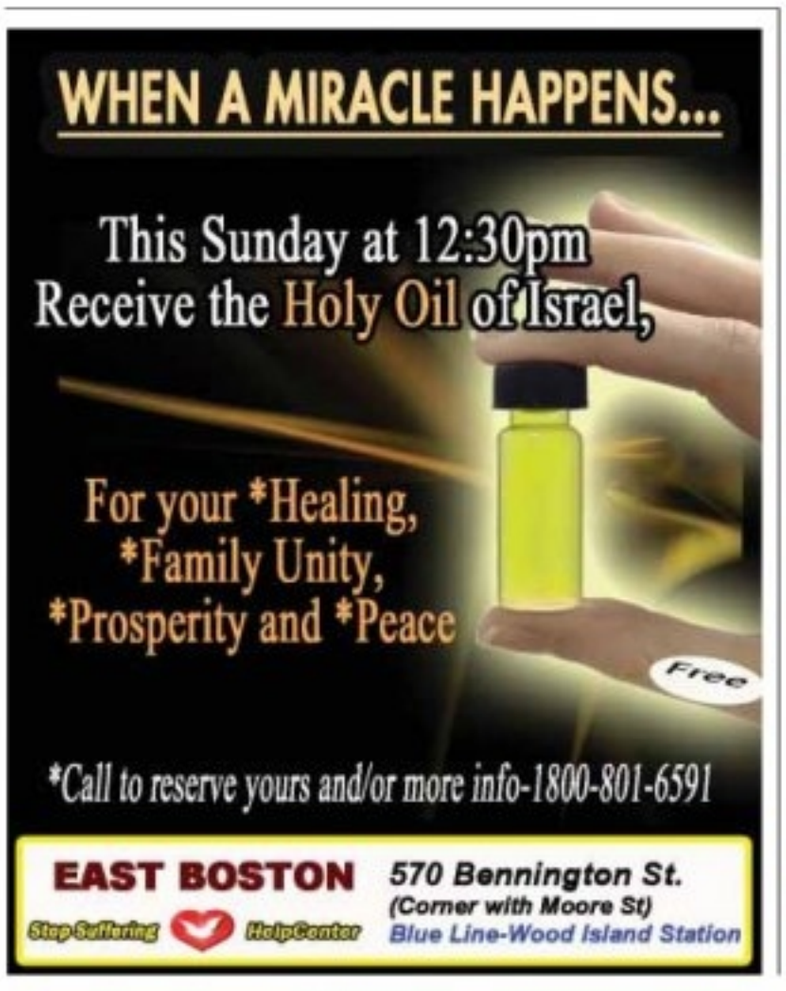
▶ The Beasties and Diddy get the vote out in 2004.

KEVIN MAZUR/WIREIMAGE/GETTY IMAGES

▶ When they performed on "Saturday Night Live" in 1999, they shared the honor with British musician Elvis Costello, and paid tribute to him by beginning to play one song, and switching on the spot to a different number, which Costello had done in the '70s, and been subsequently banned from the show.

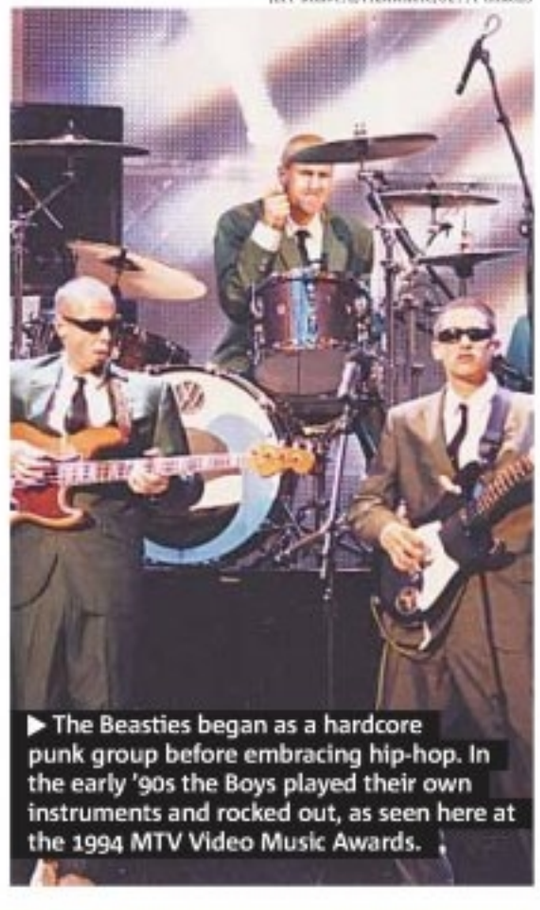
KEVIN MAZUR/WIREIMAGE/GETTY IMAGES

JEFF KRAVITZ/FILMMAGIC/GETTY IMAGES



▶ MCA shares a friendly moment with R.E.M. singer Michael Stipe in 1997. Three years earlier, when the Beasties were bested by R.E.M. for an MTV Video Music Award, MCA — dressed in lederhosen — rushed the stage. "Listen all y'all this is sabotage" indeed! It seems the Beastie Boys were influential to Kanye West for more than just rhymes.

▶ In 2009, MCA announced that he had been diagnosed with cancer. On Friday, Lenny Kravitz, who is pictured here with MCA in 2010, wrote on his Facebook page, "Rest in peace MCA. You are a legend. No sleep 'till Brooklyn."



▶ The Beasties began as a hardcore punk group before embracing hip-hop. In the early '90s the Boys played their own instruments and rocked out, as seen here at the 1994 MTV Video Music Awards.

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SPIRITUALIZED IS WILLING

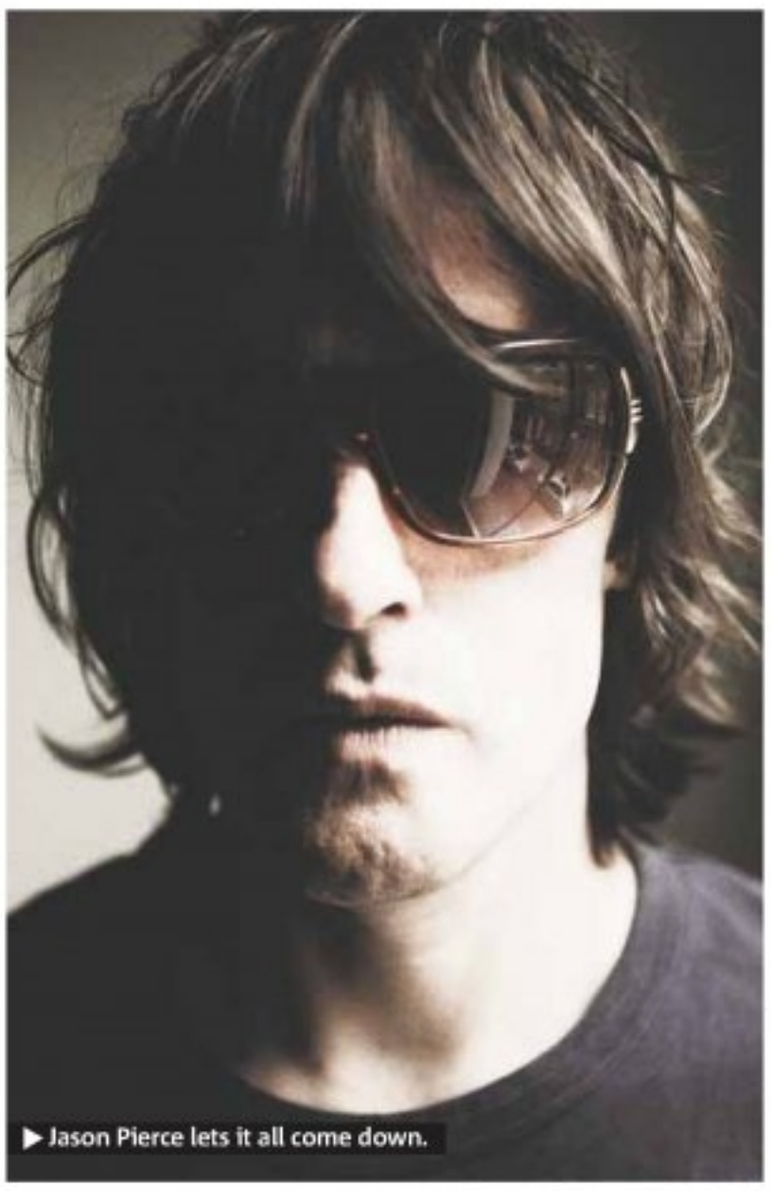
Though Jason Pierce does not actually like making albums, he has certainly put together an epic piece of music with 'Sweet Heart Sweet Light'

Spiritualized records have a history of being some of the most intricate, complex and laborious undertakings in modern rock music. Conceived from the mind of Jason Pierce and translated to tape, the stops on Spiritualized's musical journey have included everything from psychedelic freakouts and overwhelming orchestral offerings to gospel soul and epic etherealism. Exploring the sonic peaks and valleys of drug use complete with religious allusions that seem to cry out for redemption, the band's anxious buildups and triumphant crescendos are like symphonies for substance sympathizers.

Jason Pierce isn't easy to track down, but at the last possible moment, Metro was able to talk to him about the recent release of his seventh album, "Sweet Heart Sweet Light."

"I f—ing hate making records," says Pierce, wryly. "I really do. And it just gets harder. Sometimes I think I just make a record to tour because I feel the need to get back on the road. There's something exciting live when you're pushing it and you're within it, but you're not trying to hold onto it."

Pierce says when he started making "Sweet Heart," he wanted it to sound like the Beatles.


▶ Jason Pierce lets it all come down.

"Then halfway through I realized I didn't really like the Beatles," he says. "Not that I don't like the Beatles' music, but I decided I wouldn't like to make a record like that."

He says he was looking to produce sounds that defied genre classification.

"I wanted to make something where you didn't have to be hip to a certain style or music, you could just sit and listen to it like a collection of songs that really worked," he says. "When I tried to put that down, it became very hard to make. Anyone trying to make pop music has nowhere to hide. You can't hide in an abstract idea. It doesn't really come with a disclaimer."

If you go

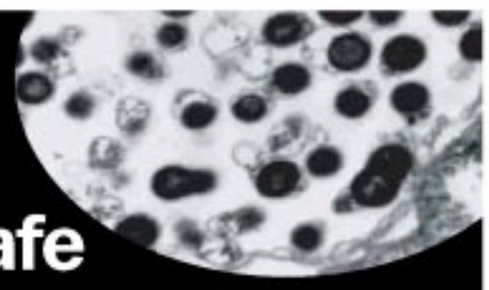
Spiritualized
Wednesday, 9 p.m.
The Paradise
967 Comm. Ave., Boston
$22, 800-745-3000
www.livenation.com

Pierce no longer 'Taking Drugs to Make Music to Take Drugs To'

While his previous record followed his near-death experience with double pneumonia, "Sweet Heart Sweet Light" was written during another health scare, one he doesn't like to talk about. This record doesn't dwell on drugs like previous ones do. An EP by his former band, Spacemen 3, is legendarily titled, "Taking Drugs to Make Music to Take Drugs To." But Pierce's latest was recorded under the influence of different substances: Ones prescribed by a doctor.

"It got in the way," says Pierce. "The treatment was worse than the thing I was suffering from. I had to do the treatment, otherwise I was going to get worse. Really it was made under a whole set of conditions and what being on these drugs can do. I can't really even listen to the record now because it reminds me of that time. And I've never really made a record like that before. I usually make records that make sense to me after."

NOLAN GAWRON
letters@metro.us

Life's Short Play Safe

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COURTESY OF WALT DISNEY STUDIOS MOTION PICTURES

▶ Perhaps the major box office score of "The Avengers" will make up for Disney's March flop, "John Carter," which Disney estimates cost them $200 million in losses.

'The Avengers' flexes muscles with $200M in US and Canada

"The Avengers" proved that five superheroes are better than one by bursting into Hollywood's record books with a massive $200.3 million in ticket sales over its opening weekend in U.S. and Canadian theaters, kicking off Hollywood's summer movie season with a bang.

The domestic debut for the big-budget, effects-filled movie from Disney's Marvel studios sped past last summer's "Harry Potter and the Deathly Hollows — Part 2," which opened with $169.2 million in its first weekend, according to Box Office Mojo. In March, "The Hunger Games" opened with $152.5 million, the fourth largest opening in box office history.

"The Avengers," which reunites Marvel comic heroes Thor, Iron Man, Captain America, the Hulk and Black Widow, has collected $641.8 million since it opened in international markets on April 25.

"We keep thinking we have a sense of what this movie can do, or will do, and every time we get a report it does even better," said Dave Hollis, Disney's executive vice president of distribution. "This is very satisfying, to say the least."

Disney's aggressive marketing, which included promotions aimed at women that included sending stars to "The View" daytime talk show, resulted in women making up 40 percent of the audience for the action film, according to Disney's survey. REUTERS

TV watch list

CLIFF LIPSON/CBS

▶ Martha Stewart on '2 Broke Girls'

'2 Broke Girls'

COMEDY. One way to stop being a "Broke Girl": Crash the Metropolitan Museum of Art Costume Institute gala to get Martha Stewart to taste one of your cupcakes. **Season finale, 8:30 p.m., CBS**

'Castle'

DRAMA. Castle tries to dissuade Beckett from pursuing a dangerous case that may be linked to her own shooting. Harder still may be admitting (finally!) how the mystery writer and cop really feel about each other. **Season finale, 10:01 p.m., ABC**

'Smash'

DRAMA. "Bombshell" begins out-of-town previews, but the explosives take place offstage when a major crisis hits Rebecca and information about Ivy could set off its own firestorm. **10 p.m., NBC** ● AMBER RAY

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Are you normal?

Crushing on your doctor? Can't pee in public? Jonathan Alpert takes a look at what's plaguing you

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▶ It's totally normal to be attracted to your therapist. But acting on those feelings will land both of you in hot water.

STOCKBYTE

▶ Is it normal that I have a crush on my therapist?
Yes, but all so wrong if acted on by either party. Think about it: You look towards your therapist as an authority figure and someone who confidently provides you with unlimited support, understanding and advice — all of which can potentially be very sexy and appealing. But keep in mind that you're paying your therapist to provide a service and he or she has ethical standards to uphold. Sex with your partner is good. Sex with your therapist is bad.

▶ I'm a healthy, 30-something guy and I can't urinate in front of others. Is that normal?
Yes, normal and common. It's called paruresis and is sometimes referred to as "shy bladder." For a practical solution, whenever possible, use a bathroom stall rather than a urinal. Consider counseling to help you examine your thought process and get tips on how to think differently.

▶ Is it normal that people don't return my e-mails?
No, not at all. They are rude. This lack of courtesy, though, has become acceptable because it's so easy to simply avoid electronic communication rather than engage in direct communication. As a result, the standards of social etiquette have plummeted. You have every right to expect a timely return to your e-mails and to be upset if that doesn't happen.

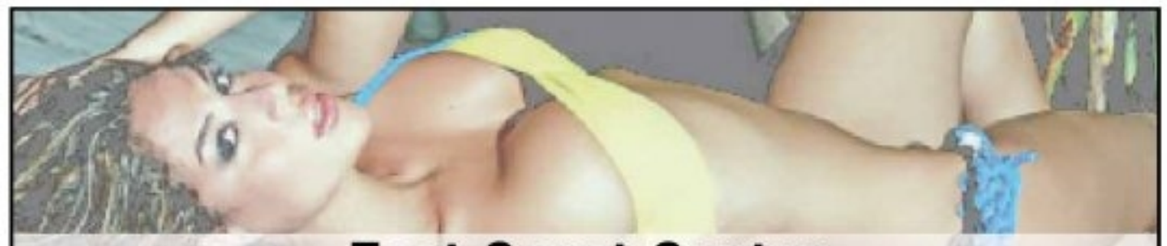
– Jonathan Alpert is a licensed psychotherapist. His new book, "BE FEARLESS: Change Your Life in 28 Days," is available at major booksellers and Amazon. Follow him online at www.jonathanalpert.com, on Facebook (www.facebook.com/jonathanalpert) and on Twitter @jonathanalpert.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

Wellness

How to treat mom

La Residencia Spa (336 Elliot St., Newton Upper Falls, 617-244-2280) is hosting a Mother's Day buffet — but it has nothing to do with food. The Mother's Day Spa Buffet ($199) is a 165-minute combination of relaxing treatments to take mom out of her frazzled state. It includes a manicure, facial and makeup application, plus a head, neck and shoulder massage. Mom will also get her picture taken post-beauty treatments and will leave the spa with the photo in a keepsake frame. Visit **www.laresidenciaspa.com** to learn more. METRO/ME



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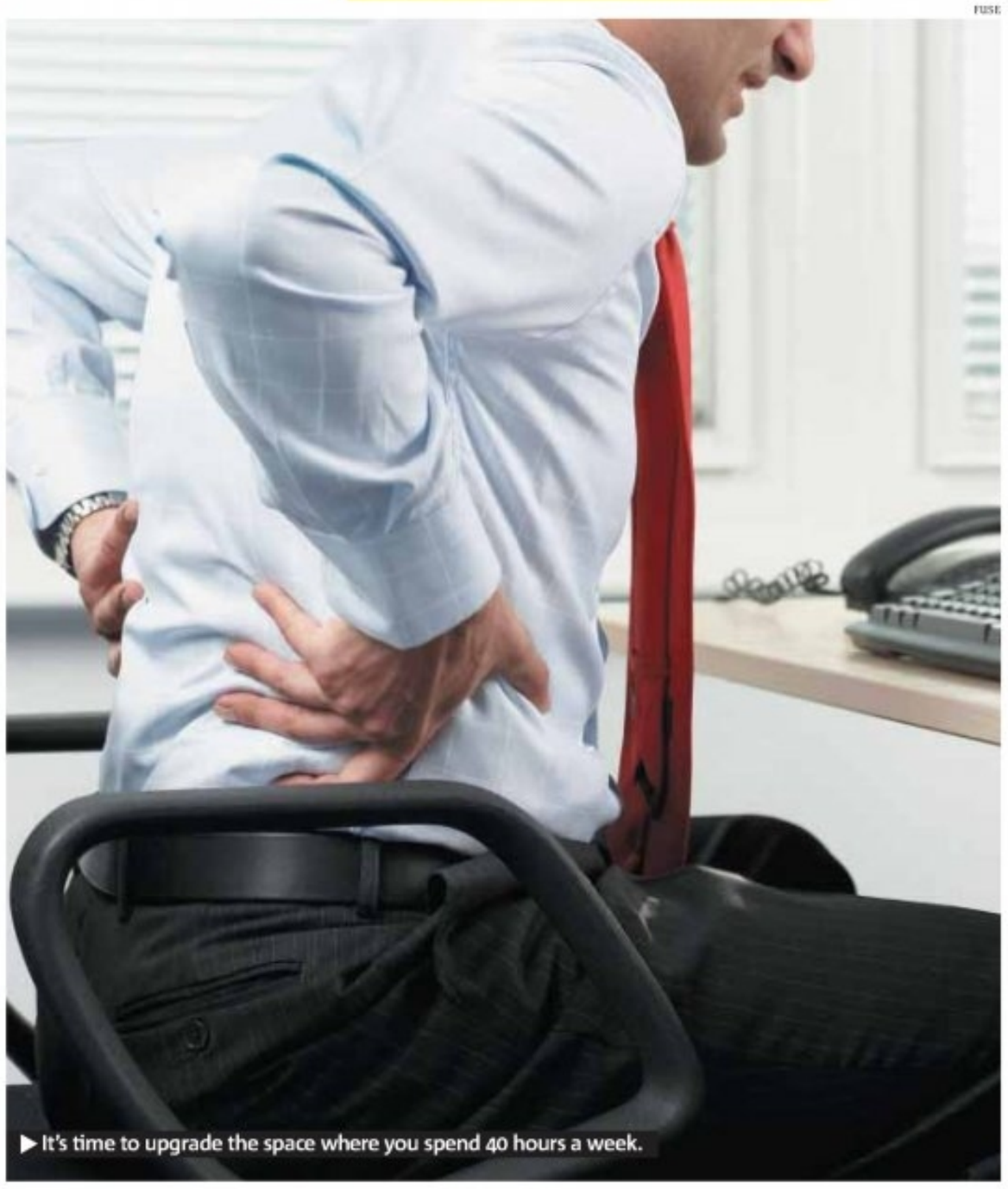


FUSE

▶ It's time to upgrade the space where you spend 40 hours a week.

WHAT'S YOUR ANGLE?

The design of your desk is important for your physical health and mental well-being at work

How to assess if your office is ergonomic

As an ergonomist, Joshua Estrin studies the physical danger of repetitious office movements and attempts to limit that liability wherever possible. But he can't help but notice greater implications of office space design — or lack of design.

"Comfort is no longer a luxury in the office, it's a necessity, because it's not good enough to just do your job anymore. The pressure on people in this economy is enormous. To expect them to do that when they're not in an environment that's physically comfortable is just illogical," says Estrin, who holds an M.S. in behavior and systems theory from Columbia University and currently works for a Florida consulting firm. "Making positive changes to a worker's environment goes a long way, especially in an economy where people may not be getting the raises they anticipated."

And an ergonomic workspace doesn't necessarily have to be an expensive one.

"I think we're finally getting to a place where companies understand that it doesn't have to cost thousands of dollars to be ergonomic," says Kevin Costello of US Ergonomics, a major consulting firm. "We've worked with companies with absolutely no budget for equipment. There are so many simple little adjustments to make: Some old books or stacks of paper can raise monitors to the proper height. It's about improving geometry, not raising costs."

BRUCE WALSH
bruce.walsh@metro.us

Check your desk

According to a recent study by US Ergonomics, more than half of office workers have never adjusted the height of their desk chair. The height and position of a desk chair in relation to corresponding computer monitors is the highest contributor to "cumulative trauma disorders," or serious injuries incurred by repetitious movements.

- A monitor should always be placed within the "vision cone" of the worker (roughly, no higher or lower than a 30 degree angle extending from their eyes).
- Laptop monitors are not within this ideal range and often contribute to injury.

Between jobs? Volunteering can lead to new connections

Don't think that your volunteer work goes unnoticed. A recent LinkedIn study found that 41 percent of professionals surveyed consider volunteer work equally as valuable as paid work experience when evaluating candidates. In addition, 20 percent of the hiring managers surveyed have made a hiring decision based on a candidate's volunteer work experience.

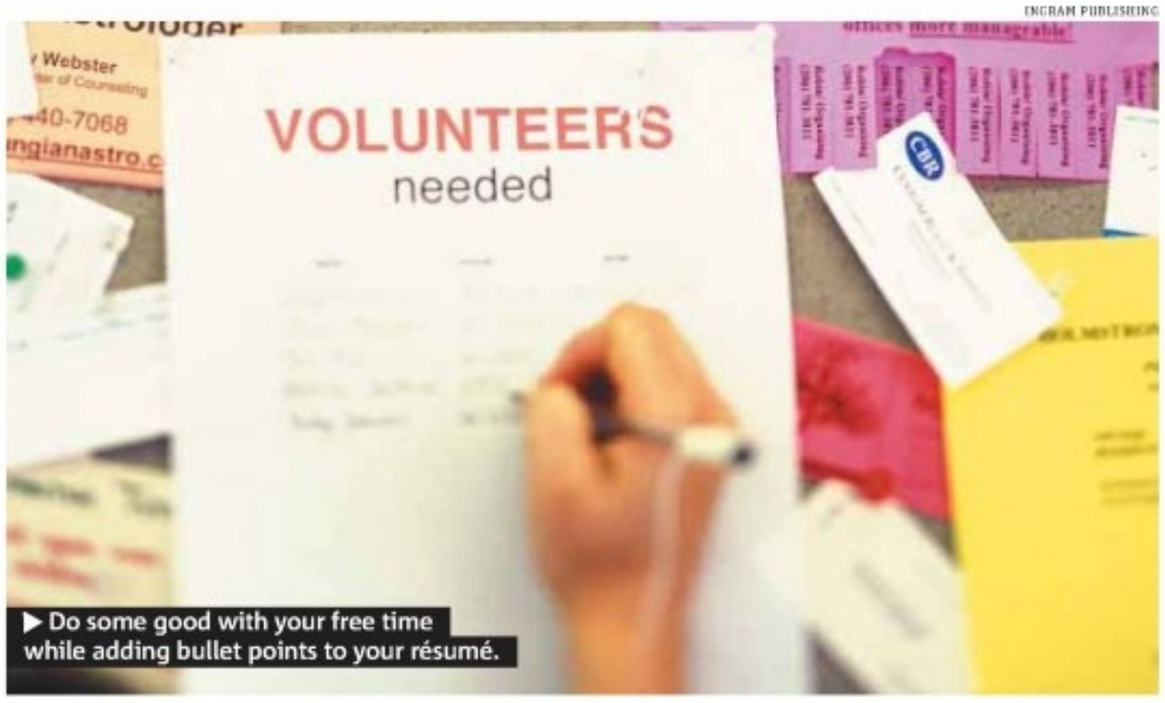
If you're between jobs or have a schedule that allows you some extra time, volunteering could be the way to beef up that résumé. "This is clearly a person who stays in the game rather than waiting for the phone to ring," says Juan Morales, managing director at the Miami office of Stanton Chase International. "It shows initiative and a strong desire to exercise management skills for a charity or nonprofit organization."

"It's best if you can be strategic when seeking a volunteer opportunity, finding a cause or mission that you're passionate about but that also has a connection to a current or potential work goal."
PAPPALARDO

If you're lucky — and smart about where you donate your free time — you might just make a professional connection, one that could lead to further employment. "It's best if you can be strategic when seeking a volunteer opportunity, finding a cause or mission that you're passionate about but that also has a connection to a current or potential work goal," says Chuck Pappalardo, managing director at Trilogy Search NonProfit. "Volunteering provides an excellent way to network, stay fresh and learn new skills, either in a job seeker's current field or one that he or she is interested in accessing."

JULIA WEST

INGRAM PUBLISHING



▶ Do some good with your free time while adding bullet points to your résumé.

The bigger picture

Of course, résumé building is only a perk of volunteering, not the main reason to jump in when you're between jobs. "Volunteering gives one perspective, allowing you to see that there are many things to be thankful for even if you're going through a difficult time right now," says Pappalardo.

GETTY IMAGES

▶ Gain some perspective.

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Letters

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Football health risks feed US circuses

The low life expectancy of football players has sparked the debate of the dangers of head trauma or concussions. Yet the same announcers that say they are concerned about that subject seem very much into savagery of boxing. I guess, as long as the beer companies can sell beer and people can relieve their frustrations in life, the deaths of a small percentage of the population to keep the natives "happy" is an acceptable price to pay.

JOSEPH DUPONT, VIA E-MAIL

Wait a minute, what percent are we now?

RE: "OCCUPY BACK IN THE NEWS, BUT WHY?": The truth is that cities that spend money policing Occupy Wall Street protesters would not use it on AIDS victims, or provide shelter for the homeless, or keep libraries open. The prevailing view of Republican politicos (and some Democrats) is that the homeless, undocumented aliens, and overcompensated union workers and their retirees are the cause of this financial crises, that they are the ones draining the government coffers. These people are simply trying to maintain their standard of living. Those people whose income puts them in the 99 percentile are the only who are not struggling. They never do.

RICHARD ROACH, VIA E-MAIL

As a whole, the Occupy movement has definitely jumped the shark. From my personal observations, I noticed about 50 twenty-something white males — you know the type, those who are sick of The Man hassling them and want their moms and dads off their case. If this is the best movement the commies can come up with, hard-working American taxpayers (the 53 percent) have got nothing to worry about this November.

JOSHUA TORDOFF, VIA E-MAIL

A modern history of the presidency

A bit of historical perspective: I've seen, on the Republican side, Eisenhower, Nixon, Ford, Reagan, both Bushes — in general policies and appointees loosening regulations on business, like gutting the EPA and giving finance enough rope to hang themselves and the rest of us too. On the Democratic side, Kennedy, Johnson, Carter, Clinton, Obama — in general passage of legislation and appointees favorable to individuals like voting rights, civil rights, cleaning up the air and water, and equal pay for equal work. It's an old story, more true now than ever, if the rights of the individual are to be protected from corporate greed this country needs Democratic leadership.

PAUL SIMONS, VIA E-MAIL

Marigold flick a lovely distraction

Metro's review of "The Best Exotic Marigold Hotel," whose main characters are senior citizens, implies that only people under a certain age read your paper. ("Your parents will love it.") I am not a senior but I imagine that people of all ages read Metro. And while it's true that moviegoers don't usually flock to see seniors being romantic, I think even 20-somethings might sometimes want a change from watching Taylor This and Taylor That in yet another rom-com action flick.

MAUREEN SHANAHAN, VIA E-MAIL

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♉ Taurus **April 20-May 20.** Watch how you phrase your requests, or they could come out sounding more like demands than appeals. Try to see things from the others' perspectives.

♊ Gemini **May 21-June 20.** Strive to be a bit more comforting than annoyed if your mate is in a grumpy mood. Calming words could be the elixir that would work wonders.

♋ Cancer **June 21-July 22.** The only way you'll have anything worthwhile to show for your time is to apply industry, not apathy. Nothing will get done if all you do is voice excuses and neglect your duties.

♌ Leo **July 23-Aug. 22.** A lot of discipline will be required in the management of your resources. To make matters worse, an additional dosage may be necessary in the handling of others' funds as well.

♍ Virgo **Aug. 23-Sept. 22.** Unless you're careful, you could stoop to taking out your frustration on those for whom you care the most, only because you know they're the ones who'll take it without complaint.

♎ Libra **Sept. 23-Oct. 23.** Don't attempt to use flattery, subterfuge or insincerity when trying to make a pitch for something you want. Those you deal with will be able to perceive your motives.

♏ Scorpio **Oct. 24-Nov. 22.** If your judgment is based on pure emotion, you may have trouble distinguishing between those to whom you should be generous and those who don't deserve anything.

♐ Sagittarius **Nov. 23-Dec. 21.** Be careful that you don't wrongly cater to someone who never has and never will do you any good, while barely acknowledging one who has helped you out previously and would again.

♑ Capricorn **Dec. 22-Jan. 19.** Don't let yourself become entranced with someone who is already committed. You'd be asking for trouble if you trespass in forbidden territory.

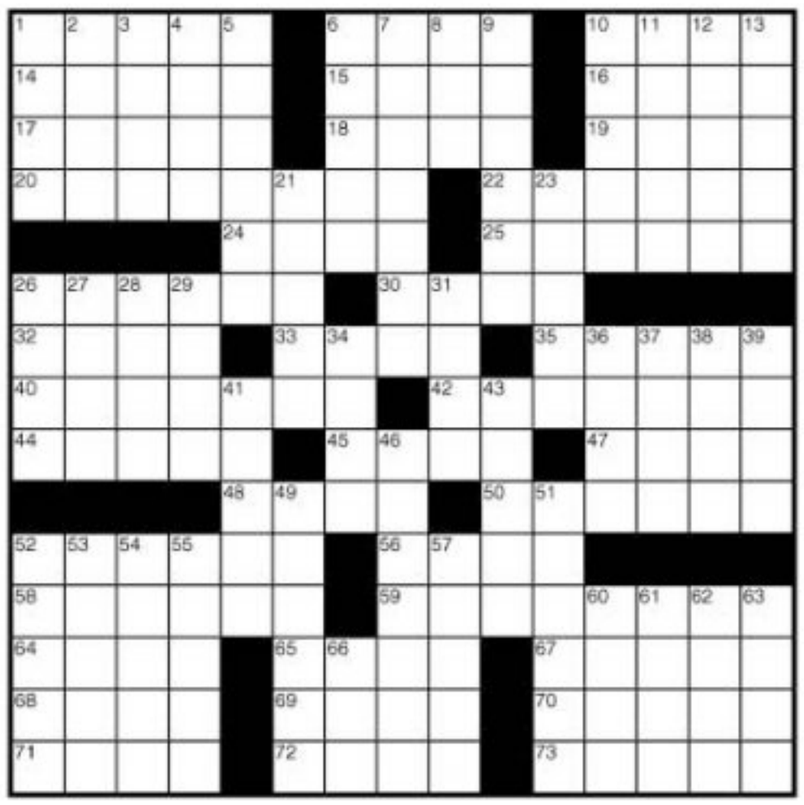
♒ Aquarius **Jan. 20-Feb. 19.** Treat all business endeavors seriously, but especially those involving people you know socially. Unless that distinction is clearly marked, you'll be asking for trouble.

♓ Pisces **Feb. 20-March 20.** Should you find that your companions are only partially in accord with your purposes, causing you to attempt to manipulate them into agreement, they'll be even more disenchanted.

♈ Aries **March 21-April 19.** Persons who are under your directives might need some skillful handling. Unless you can find a way to inspire them, they aren't likely to accomplish much of anything.

BERNICE BEDE OSOL

Across
1 Rustle
6 Hershey product
10 Ducks' haunt
14 Shelve indefinitely
15 Leave out
16 Journalist __ Ducommun
17 Common phrase
18 Pulpit
19 Novelist __ Waugh
20 Favor
22 Rhythm instrument
24 Panache
25 Whole bunch
26 Comstock Lode state
30 Bathrobe tie
32 Corp. biggie
33 Recital piece
35 Morality
40 Brownies
42 Amber-colored wine
44 Curry favor
45 Nightfall
47 Smelting waste
48 Drip
50 Unnerve
52 Cautioned
56 Pilots' sightings
58 Riding the rails
59 Met in space (2 wds.)
64 Teases
65 Road to Rome
67 Fit to be tied
68 Prepare for print
69 Fish without scales
70 Poker pair
71 Gainsay
72 Dele's undoing
73 Mural base



Down
1 Recipe direction
2 Use hip boots
3 Hieroglyphics bird
4 Wild plum
5 __ in (surrounded)
6 Tailless marsupial
7 Humongous
8 Bro or sis
9 Walks noisily
10 Fall fruits
11 Clay pots
12 Reunion attendee
13 Stick-on design
21 Cutting edge
23 Sighed with delight
26 Plover's home
27 World's Fair
28 Dancer __-Ellen
29 Kind of rain
31 Dollar dispensers
34 Beef-rating org.
36 Course finale
37 Sword handle
38 By mouth
39 Dry plains shrub
41 Mary __ Moore
43 Tire center
46 Hula accompaniment
49 Vortexes
51 Sounding out
52 Greeted the day
53 Stand for
54 "The Thinker" sculptor
55 Disgustingly dirty
57 Earliest
60 Ontario neighbor
61 Karate levels
62 Versatile vehicles
63 Pancho's coin
66 Lunar New Year

	3					9		2
	5		2					6
		4	3			7	8	
1				6			2	
3	9						6	4
	2			1				9
	8	1			4	2		
7					5		4	
9		3					5	

SUDOKU **LEVEL: EASY**

9	1			8		7	5	
	6			9	3		1	
			1			6		
		8			1			6
		4				9		
7			2			1		
		9			5			
	8		7	1			6	
	3	1		2			7	9

SUDOKU **LEVEL: HARD**

Solution to weekend's crossword

R	E	H	E	M		B	A	S	I	C		C	O	B
P	L	A	C	E		I	R	I	S	H		A	P	O
M	I	N	O	R		D	E	L	T	A		V	I	N
			I	D	E	A			R	H	I	N	E	
W	A	K	E	N	E	D		R	E	G	A	L	E	D
E	D	I	T	O	R		P	O	R	E	S			
B	I	T	E	S		T	O	W	N	S	H	I	P	
B	O	T			F	O	O	D	S			N	O	B
	S	Y	M	P	A	T	H	Y		U	N	C	L	E
			E	R	I	E	S		S	N	E	A	K	S
J	E	S	T	E	R	S		N	O	V	E	N	A	S
A	M	A	S	S			C	O	N	E				
M	E	L		S	P	R	A	T		I	S	A	A	C
I	N	V		E	I	D	E	R		L	I	B	R	A
E	D	O		D	E	A	N	E		S	T	U	M	P

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Who's hot, who's not?

Red Sox in horrible slump, capped off by 17-inning marathon loss yesterday to Baltimore
Sox swept at Fenway by O's for first time since 1994 Rays and O's at top of AL East

After yesterday, the Red Sox had played 27 games, or 16.7 percent of the season. Sure, the finish line is far off, but a substantial chunk of the year is gone. Also, early May is a great time for a team to hit its stride. Boston most certainly has not.

With that in mind, here are the three teams that are hot and three that are not as we approach the quarter pole of the season:

Hot

The Rays won four straight after Evan Longoria went down with a torn hamstring. That's the nature of this bunch — they find a way to make it work when the chips are down. Of course, when your rotation leads the league with a 3.19 ERA (entering yesterday), it does not hurt.

Give them credit. Their manager's already been suspended and their high-priced closer has already been demoted. But the Marlins have shaken off a poor start and seem to be coming around. They had won five straight heading into a Sunday matinee in San Diego.

The one question in D.C. is whether the Nationals will have enough hitting to survive. Entering Sunday the team ERA was 2.36, far and away the best mark in baseball. But Washington ranked 14th in the National League in runs scored. So far, the formula has worked. The club had won four in a row entering Sunday.

Not

They still have star power and some truly great players at a handful of positions. But between injuries, uncertainty and a disastrous rotation, it is just an average team (at best) with an above-average payroll. The Sox are now 4-10 at home this season after yesterday's 17 inning, 9-6 loss to the Orioles.

▶ Will Middlebrooks grimaces yesterday.

This was a mildly trendy pick as an upstart team after it showed some improvement last year and showcased some good, young talent. But the AL West won't allow for many 5-11 stretches, such as the one the M's just endured.

They've scored more than four runs just twice in the last 13 games. They've been shut out twice in that stretch and held to one run yesterday in Detroit. Punchless. And losers of nine of their last 12 overall. Chicago is still hovering around .500, though with a 13-15 record.

TONY LEE
sports@metro.us

Marathon men

The Red Sox fell to the O's 9-6 in 17 innings yesterday:

- **Marlon Byrd** was gunned down at the plate in the 16th off a great relay throw by Baltimore's JJ Hardy.
- **Dustin Pedroia's** highlight reel catch in shallow right field in the 16th gave Boston a lift momentarily.
- **Rich Hill** The Sox reliever threw the most pitches he ever has in relief.
- **Outfielder Darnell McDonald** pitched for the Red Sox, allowing a three-run homer in the 17th to Adam Jones. Baltimore's Chris Davis pitched very well for a positional player and got the win.

3

ON TV TODAY

MLB

RED SOX AT ROYALS
8 P.M., NESN

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Hot Celts now steamrolling

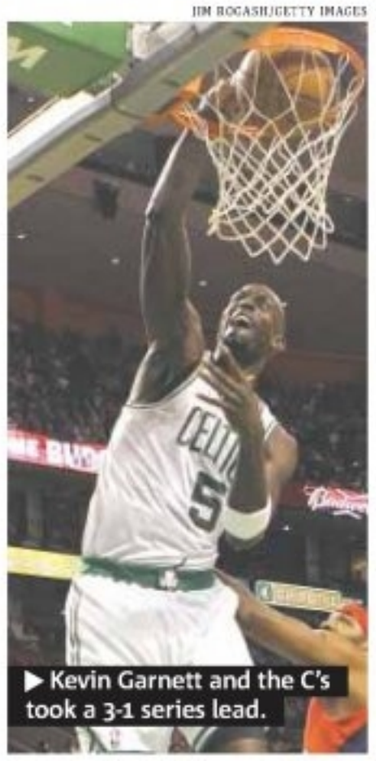
Three things we saw last night at TD Garden:

Piercing results

Once again, Celtics captain Paul Pierce brought his 'A' game when it mattered most, setting the tone for the C's early in the game with 10 first-quarter points. He never looked back, finishing the night with 24 points on 10-of-13 shooting (4-of-6 from 3-point range) in just 17 minutes of action. The small minutes came for two reasons: The C's went up big early and kept it that way, and Pierce went down (temporarily) with a tweaked knee. He would return in the third quarter but eventually sat with the C's winning big. But that minor injury is something to keep an eye on.

Don't forget Rondo

JIM ROGASH/GETTY IMAGES



▶ Kevin Garnett and the C's took a 3-1 series lead.

Rajon Rondo had maybe his best game of the postseason yesterday, and he didn't need a triple-double to do it. It was clear early on that the Hawks were going to let Rondo shoot and hope that his relatively poor shot would pay dividends. It didn't. Rondo made the most of his open shots, going 8-for-11 for 20 points on the day. He even hit two three-pointers and did not have a turnover.

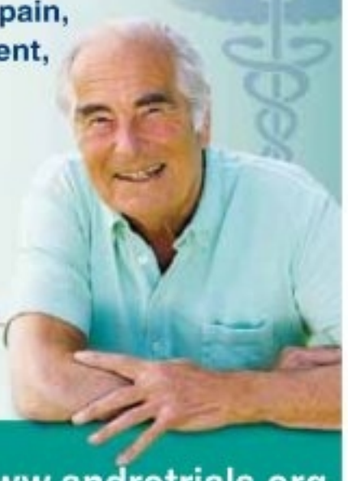
C's smell blood

It seems like it's just a matter of time before the Celtics advance but they can't ease up tomorrow night. The sooner they can clinch the series, the more rest they'll have. Everything is going their way.

JIMMY TOSCANO
sports@metro.us

Are you 60 years Old or Older?

Do you suffer from back pain, neck pain, knee pain, hip pain, pain from joint replacement, arthritis or headaches?



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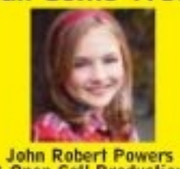
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